MILWAUKEE COUNTY



MEALS ON WHEELS



MAY

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Burger w/ 3	Soft Chicken Taco/Tortilla 4	Lasagna 5	Peachy Pork Roast 6	Roast Beef & Gravy 7
Mushrooms & Swiss	Shredded Lettuce, Cheese	Italian Veggie Blend	Mashed Sweet Potatoes	Baked Potato/Sour Cream
Whole Grain Bun	Tomato & Sour Cream	Garden Salad/Dressing	Sautéed Spinach	Broccoli
Baby Bakers	Refried Beans	w/Cucumber & Tomato	Wheat Bread	♣Apple Cherry Juice
Carrot Raisin Salad	Southwest Vegetables	Garlic Bread	✓ Orange Juice	Buttermilk Biscuit
Fruit Cocktail	Pineapple	Pistachio Pudding Cake	Snickerdoodle Cookie	Rice Krispie Treat
		Fresh Pear	♥ Fruit	♥ Banana
Chili Dog 10	Baked Chicken Supreme 11	Mediterranean 12	Beef Tips 13	Creole Chicken Breast 14
Whole Wheat Bun	Wild Rice Blend	Baked Cod	w/Mushrooms	Seasoned Red Beans
Au Gratin Potatoes	Normandy Vegetables	Fresh Sweet Potato	Buttered Noodles	and Rice
Whole Kernel Corn	Whole Grain Dinner Roll	Broccoli	Green-Wax Bean Medley	Bahama Vegetable Mix
Fresh Orange	Grapes	Marble Rye Bread	Whole Wheat Dinner Roll	Fruit Punch
Fruited Yogurt	Brownie	Fresh Fruit Cup	Mandarin Oranges	Cornbread
	♥ Fruit			Strawberry Yogurt
Shredded BBQ Pork 17	Italian Meatballs/Sauce 18	BBQ Chicken 19	Boneless Pork Roast 20	Turkey Tetrazzini 21
Coney Bun	Spaghetti w/Sauce	Hashbrown Casserole	Gravy	with Pea Pods
German Potato Salad	Parmesan Cheese	Broccoli/Cauliflower Mix	Mashed Potatoes	Garlic Breadstick
Succotash	Brussels Sprouts	Multi-Grain Bread	California Veggie Blend	Marinated Vegetables
	Italian Bread	Baker's Choice Cookie	Garden Salad/Dressing	✓ Orange Juice
Oatmeal Raisin Cookie	Fresh Pear	Fresh Apple	Oatmeal Bread	Vanilla Pudding
→ Raisins			Cinnamon Applesauce	Fresh Fruit
Chicken Alfredo 24	Meatloaf 25	Glazed Ham Steak 26	Tuna Salad 27	Grilled Brat Patty 28
Primavera w/Penne Pasta	Gravy	Quartered Red Potatoes	on Leaf Lettuce	Whole Wheat Bun
Chef's Vegetables	Mashed Potatoes	w/Butter & Parsley	Tomato Slices, Cucumber	American Fried Potatoes
∵ Grape Juice	Honey-Glazed Carrots	Asparagus Tips & Cuts	Croissant	Peas & Carrots
Italian Bread	7-Grain Bread	Rye Bread	Sun Chips	Marinated Bean Salad
Lemon Meringue Pie	Sliced Pears	Pineapple Tidbits	Melon Wedge	Chocolate Chip Cooke
▶ Fresh Orange				◆ 100-Cal Cereal Bar
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Goodwill
Industries of Southeastern Wisconsin, Inc.
MEALS ON WHEELS

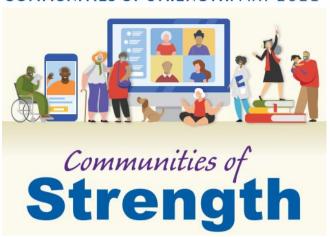
358-6527







COMMUNITIES OF STRENGTH: MAY 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is Communities of Strength, recognizing the important role older adults play in fostering the connection and engagement that build strong. resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

• Start a gratitude journal • Share a happy moment with someone · Sav Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

· Leave a small gift on doorstep · Offer to help with chores · Share flowers or veggies from your garden



BUILD NEW SKILLS

Thave a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

Take an online art class

Join an outdoor yoga lesson
 Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

 Ask others to share their story Initiate conversations that invite others to engage



Call to Submit Questions or Schedule a Consultation. (414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.







